

Use the nutrition standards on this chart to plan meals and snacks that are nutrient rich and consistent with the recommendations of the Dietary Guidelines for Americans and My Pyramid for Kids.

## Criteria for the Healthier Montana Menu Challenge

### Breakfast Menu Criteria

- Three different fruits are offered each week (includes fresh, frozen, dried and canned in its own juice or light syrup)
- Fresh fruit is offered at least twice per week
- Whole grain foods are offered at least three times per week
- Protein-rich foods (meat/meat alternates) are offered at least three times per week
- Serve breakfast cereals with < 7 grams of sugar and at least 2 grams of fiber per 1 oz serving. (Limit higher sugar cereals to one time per month)
- Limit the service of baked goods (like doughnuts, sweet rolls, maple bars, toaster pastries) to one time per month
- Higher fat entrée items are limited to once per week. (A higher fat entrée item is defined as having ≥ 40% of calories from fat, excluding nuts, seeds and nut butters)
- Only low-fat (1%) and fat-free (skim) milk are offered daily
- Menus meet the USDA School Meals Initiative nutrient standards



### Lunch Menu Criteria\*

- Offer a different vegetable each day of the week (at least ¼ cup serving size)
- Dark green or orange vegetables are offered three or more days per week (Of the 3, at least 2 are different. All must be at least ¼ cup serving size)
- Cooked/dried beans or peas (legumes) are offered once per week (at least ¼ cup serving size)
- Offer a different fruit each day of the week (at least ¼ cup serving size)
- Offer fresh fruit at least one day per week (at least ¼ cup serving size)
- A serving of a whole grain food is offered three or more times per week (or daily)
- Only low-fat (1%) and fat-free (skim) milk are offered daily

\*Adapted from the USDA's HealthierUS School Challenge.

<http://www.fns.usda.gov/tn/HealthierUS/index.html>

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[www.opi.mt.gov/Programs/SchoolPrograms/School\\_Nutrition/HealthyMT.html](http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/HealthyMT.html)

### Competitive Foods Criteria\*

- **Calories from total fat** must be at or below 35%, excluding nuts, seeds, nut butters and reduced fat cheese.
- **Less than 0.5 grams trans fat per serving** ("trans-fat free")
- **Calories from saturated fat** must be at or below 10%
- **Total sugar** must be at or below 35% by weight. This includes both naturally occurring and added sugars. Excludes fruits, vegetables and milk.
- **Sodium** must be:  
≤ 480 mg per side dish/non-entrée serving  
≤ 600 mg per main dish/entrée serving
- **Portion sizes** for a la carte sales in the school cafeteria are not to exceed the serving size of the food served in the NSLP; for other items, the package or container must not exceed 200 calories.

#### Approved Beverages Include:

- **Milk** must be low-fat (1%) and/or fat-free (skim), flavored or unflavored, meeting state and local standards for pasteurized fluid milk and/or USDA approved alternative dairy beverages. Must be limited to a maximum of 8 fluid ounces.
- **100% full strength fruit and vegetable juices** with no sweeteners (nutritive or non-nutritive). Must be limited to a maximum of 6 fluid ounces.
- **Water** must be non-flavored; no sweeteners (nutritive or non-nutritive); non-carbonated and non-caffeinated.